

Critique of the Control Dichotomy as a Useful Strategy

Post by “Matteng” of February 19, 2026 at 12:03 PM

Found this Stoic text which claims that the dichotomy leads to undisturbable happiness.

The main point is that when you desire no things outside of your control (like life, health ...) you encounter no „unhappiness“ or when you desire only Virtue you get „complete“ happiness.

What would you response to such arguments ?

[Core Stoicism](#)

Core Stoicism by Grant Sterling [A post to the International Stoic Forum, September 19, 2005.] I won't have much time to post for...
stoicnews.blogspot.com